



KEN LONG & ASSOCIATES

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2004 Race Against Prostate Cancer - Saturday, July 10 One Mile Course Description

Start: On Meridian St. At Michigan Street.

South: On North Meridian Street, around the West side of Monument

Circle to W. Market St.

West (Right): On W. Market St. to Capital Ave.

(Participants in westbound lanes)

North (right): On Capital Avenue to Michigan Street.

■ From McCarty Street to Market Street: Runners will be in the west side coned-off lanes. Walkers will be in the east

side coned-off lanes.

■ From Market Street to Michigan Street:

Note: The one mile participants will join the runners &

walkers at Capital & Market St.

Runners will remain in the west side coned-off lanes. Walkers will be in the middle coned-off lane. The 1-Milers will be in the east

side curb lane.

East (right): On Michigan Street to finish line.

From Capital Avenue to Finish Line: Runners will be on the north side lanes, walkers will be in the middle lane, and 1-

milers on the south side lane.

Finish Line: On Michigan Street, 100 feet east of Meridian Street.

• 5-Mile runners will finish on their left (north side).

5K walkers will finish in the middle.

1-Mile runners and walkers will finish on their right (south side).



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2004 Race Against Prostate Cancer – Saturday, July 10 5K Course Description

Start: On Meridian St. At Michigan Street.

South: On North Meridian Street, around the West side of Monument

Circle to South Meridian Street, south on South Meridian to South

Street.

• From start to Vermont Street: all lanes closed.

From Vermont Street to Washington Street: Participants will be

in the southbound lanes.

 From Washington Street to South Street: Participants will be in the two curb lanes of southbound. Autos will be in the other

southbound lane.

East (left): On South Street to Pennsylvania Street

Participants in eastbound lanes.

South (right): On Pennsylvania Street to McCarty Street

• From South St. to McCarty St., participants will be in the two

west side lanes, autos in other lanes.

West (right): On McCarty Street to Capital Avenue

Participants in westbound lanes.

Note: Walkers will join runners at Meridian St, they are to remain in the $1-\frac{1}{2}$ lane from the north curb, Runners will be in

the other $1-\frac{1}{2}$ lane.

North (right): On Capital Avenue to Michigan Street.

From McCarty Street to Market Street: Runners will be in the west side coned-off lanes. Walkers will be in the east

side coned-off lanes.

■ From Market Street to Michigan Street:

Note: The one mile participants will join the runners &

walkers at Capital & Market St.

Runners will remain in the west side coned-off lanes. Walkers will be in the middle coned-off lane. The 1-Milers will be in the east

side curb lane.

East (right): On Michigan Street to finish line.

From Capital Avenue to Finish Line: Runners will be on the

north side lanes, walkers will be in the middle lane, and 1-

milers on the south side lane.

Finish Line: On Michigan Street, 100 feet east of Meridian Street.

5-Mile runners will finish on their left (north side).

5K walkers will finish in the middle.

■ 1-Mile runners and walkers will finish on their right (south side).



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Race Against Prostate Cancer Saturday, July 10th, 2004

5-Mile Course Description

Start: On Meridian Street (#440) at the Indiana War Memorial

(parking meter #NM420).

From Vermont Street to Michigan Street.

(Closed to auto traffic from 7:50 A.M. until 9:00 A.M.)

South: On North Meridian Street, around the West side of

Monument Circle to South Meridian Street, south on South

Meridian to South Street.

From start to Vermont Street: all lanes closed.

From Vermont Street to Washington Street: Participants

will be in the southbound lanes.

 From Washington Street to South Street: Participants will be in the two curb lanes of southbound. Autos will be in

the other southbound lane.

East (left): On South Street to Virginia Avenue.

Participants in eastbound lanes.

South (right): On Virginia Avenue to Prospect Street.

From South Street to McCarty Street/I-65/70: Participants

will be using southbound lanes.

■ From McCarty Street/I-65/70 to Prospect St.: Participants

will be in the two curb lanes of southbound. Autos will be

in the other southbound lane.

West (right): On Prospect Street (at East Street, Prospect Street becomes

Morris Street) to Meridian Street.

Participants will be in the North side lane. Autos will be in

the South side lane.

North (right): On Meridian Street to McCarty Street.

Participants will be in the curb lane of northbound. Autos

will be in the other northbound lane.

Note: Runners and walkers will join each other at this

location.

West (left):

On McCarty Street to Capital Avenue.

- From Meridian Street to Capital Avenue: Participants will be in the three north side lanes. Eastbound autos will be in the other eastbound lane.
- Note: Runners will be in the south side 1-½ lanes, walkers will be in the north side 1-½ lanes.

North (right):

On Capital Avenue to Michigan Street.

- From McCarty Street to Market Street: Runners will be in the west side coned-off lanes. Walkers will be in the east side coned-off lanes.
- From Market Street to Michigan Street:

Note: The one mile participants will join the runners & walkers at Capital & Market St.

Runners will remain in the west side coned-off lanes. Walkers will be in the middle coned-off lane. The 1-Milers will be in the east side curb lane.

East (right):

On Michigan Street to finish line.

From Capital Avenue to Finish Line: Runners will be on the north side lanes, walkers will be in the middle lane, and 1-milers on the south side lane.

Finish Line:

On Michigan Street, 100 feet east of Meridian Street.

- 5-Mile runners will finish on their left (north side).
- 5K walkers will finish in the middle.
- 1-Mile runners and walkers will finish on their right (south side).